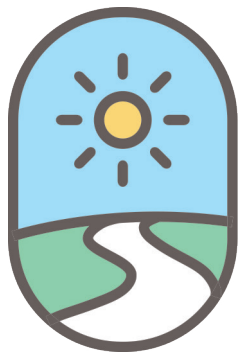


Quentin Road Kid's Vegetarian Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Grilled Cheese Sandwich Cream of Mushroom Soup Peas Bananas Milk or Water	Fried Rice Cheese Stick Broccoli Pineapple Milk or Water	Veggie Nuggets Cucumbers Whole Grain Buttered Rotini Strawberries Milk or Water	Cheese Tacos Corn Rice Peaches Milk or Water	Tortellini Yogurt with Honey Carrots Mixed Fruit Milk or Water
Week 2	Garden Burger Green Beans Pickles Strawberries Milk or Water	Homemade Cheese Pizza Cucumbers Greek Yogurt with Honey Orange Slices Milk or Water	Breaded Cheese Sticks Bread with Butter Carrots Bananas Milk or Water	Veggie Hot Dogs Broccoli Chips cooked in Avocado Oil Applesauce Milk or Water	Cheese Sandwich Cream of Mushroom Soup Peas Mandarin Oranges Milk or Water
Week 3	Veggie Nuggets Corn Pita Mixed Fruit Milk or Water	Grilled Cheese Sandwich Cream of Mushroom Soup Carrots Pineapple Milk or Water	Waffles String Cheese Cucumbers Applesauce Milk or Water	Spaghetti & Marinara Broccoli Bread with Butter Mixed Fruit Milk or Water	Greek Yogurt with Honey Macaroni & Cheese Peas Strawberries Milk or Water
Week 4	Whole Grain Pancakes Greek Yogurt with Honey Tator Tots — Baked Bananas Milk or Water	Pasta & Alfredo Sauce Broccoli Bread with Butter Pears Milk or Water	Cheese Quesadillas Corn Rice Peaches Milk or Water	Veggie Nuggets Carrots Chips cooked in Avocado Oil Strawberries Milk or Water	Veggie Hot Dogs Green Beans Cornbread Raspberries Milk or Water
Week 5	Cheese Tacos Corn Rice Pears Milk or Water	Tortellini Breaded Cheese Sticks Cucumbers Orange Slices Milk or Water	Greek Yogurt with Honey Green Beans Rotini with Cheese Pineapple Milk or Water	Garden Burger Carrots Pickles Applesauce Milk or Water	Scrambled Eggs Fried Rice Broccoli Bananas Milk or Water
Week 6	Waffles Cheese Stick Cucumbers Fruit Cup Milk or Water	Cheese Sandwich Chips cooked in Avocado Oil Peas Bananas Milk or Water	Veggie Nuggets Broccoli Pita Strawberries Milk or Water	Veggie Hot Dogs Green Beans Cornbread Mandarin Oranges Milk or Water	Mostaccioli & Marinara Sauce Carrots Bread with Butter Pineapple Milk or Water



Breakfast Items to choose from:

Cereal: Cheerios, Corn Chex, Frosted Mini-Wheats, Honey Bunches of Oats, Frosted Flakes, Rice Krispies

Other Options: Granola Bars, Apples, Cheese Sticks, Yogurt, Fruit Cups, Applesauce, Bananas

Drinks: Orange Juice, Milk, Water

Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	AM: Mandarin Oranges PM: Twice Baked Bars	AM: Pita Chips & Cheese PM: Trail Mix (no nuts)	AM: Chips cooked in Avocado Oil with Dip PM: Cinnamon Oatbake	AM: Bananas & Yogurt with Honey PM: Pretzels & Cucumbers with Ranch	AM: Apples & Sunbutter PM: Cheddar Puffs
Week 2	AM: Applesauce & Cheese PM: Granola Bars (contains coconut)	AM: Hippea Chickpea Puffs PM: Mixed Fruit & Yogurt with Honey	AM: Fruit Pouches & Cheese PM: Pretzels & Yogurt Covered Raisins	AM: Parmesan Crisps PM: Mandarin Oranges	AM: Mangoes & Cheese PM: Veggie Straws
Week 3	AM: Pretzels & Cucumbers with Ranch PM: Cheddar Puffs	AM: Mandarin Oranges PM: Blueberry Oatbake	AM: Strawberries & Yogurt with Honey PM: Pita Chips & Cheese	AM: Applesauce & Cheese PM: Granola Bars (contains coconut)	AM: Trail Mix (no nuts) PM: Apple Slices with Sunbutter
Week 4	AM: Pretzels & Yogurt Covered Raisins PM: Twice Baked Bars	AM: Watermelon & Cheese PM: Veggie Straws	AM: Parmesan Crisps PM: Mangoes & Cheese	AM: Mandarin Oranges PM: Hippea Chickpea Puffs	AM: Cheese Sticks PM: Yogurt with Honey & Granola (contains coconut)
Week 5	AM: Pita Chips & Cheese PM: Granola Bars (contains coconut)	AM: Apples & Sunbutter PM: Chips cooked in Avocado Oil with Dip	AM: Pretzels & Cucumbers with Ranch PM: Twice Baked Bars	AM: Dragon Fruit & Yogurt with Honey PM: Cheddar Puffs	AM: Chocolate Chip Oatbake PM: Cheese & Crackers
Week 6	AM: Veggie Straws PM: Yogurt with Honey & Granola (contains coconut)	AM: Cheese & Crackers PM: Pretzels & Yogurt Covered Raisins	AM: Watermelon & Cheese PM: Hippea Chickpea Puffs	AM: Trail Mix (no nuts) PM: Mangoes & Cheese	AM: Mandarin Oranges PM: Parmesan Crisps